Python

```
import speech_recognition as sr

def record_and_transcribe():
    """
    Records live audio and transcribes it to text using Google Speech
Recognition.

    Returns:
        The transcribed text.
    """

    r = sr.Recognizer()

    with sr.Microphone() as source:
        print("Speak now...")
        audio = r.listen(source)

    try:
        text = r.recognize_google(audio)
        return text
    except sr.UnknownValueError:
        print("Google Speech Recognition could not understand audio")
    except sr.RequestError as e:
        print("Could not request results from Google Speech
Recognition service; {0}".format(e))

    return ""

# Example usage
transcribed_text = record_and_transcribe()

if transcribed_text:
    print("Transcribed Text:", transcribed_text)
```

Explanation:

1. **Import necessary library:**
   - speech_recognition: Provides an API for speech recognition, including support for live audio input.
2. **Define record_and_transcribe function:**
   - Creates a Recognizer object.
   - Uses sr.Microphone() to access the default microphone.

- Prints a message to the user to start speaking.
- Records audio using r.listen(source).
- Uses r.recognize_google(audio) to convert the audio to text.
- Handles potential exceptions (e.g., UnknownValueError, RequestError).

3. **Example usage:**
   - Calls the record_and_transcribe function to record and transcribe the audio.
   - Prints the transcribed text if it's not empty.

To use this code:

1. **Install the speech_recognition library:**
   Bash
   ```
   pip install speech_recognition
   ```